



American Heart Association®
Heart Challenge™

Ideas for a Heart-Healthy Food Drive Syracuse Heart Challenge

- Dried herbs and spices
- Honey
- Olive oil
- 100% fruit spread
- Natural peanut butter (no sugar, no hydrogenated oils – just peanuts) or low-sugar
- Non-creamy salad dressings/vinegars
- Low-sodium or no-salt canned or frozen vegetables
- Low-sodium canned beans or dried beans
- Canned fruit packed in 100% juice or water
- Unsweetened applesauce
- Unsweetened dried fruit (such as raisins, not fruit leather or roll ups)
- Unsalted nuts
- Low-sugar, low-sodium pasta sauce
- Salsa
- Canned tomato products (low sodium diced/pureed or crushed)
- Canned tuna/canned salmon
- Low-sodium or no-salt canned soups
- Low-sodium chicken/vegetable broth or stock
- Low-sugar cereals, whole grain cereals
- Low-sodium whole wheat tortillas
- Low-sodium, taco shells
- Whole wheat pasta
- Brown rice
- Unsweetened oatmeal
- Shelf-stable or powdered milk
- Almond or soy milk
- 100% fruit juice



Finding healthier options when shopping is easier than you might think. Just look for the Heart-Check mark on certified food and beverage products.

Healthy Foods Champion locally sponsored by:

BARCLAY DAMON LLP

**For the items listed, per serving aim for: low-sodium contains less than 140 mg Sodium; low-sugar contains 7 g or less Total Sugars. Visit www.heart.org/heartcheckmark for full nutrition criteria by food category.*